Smoking Halt Can Be Tough

Almost everyone agrees today that smoking is bad for your health. Almost all smokers agree that they ought to quit. But quitting isn't all that easy.

There are all sorts of gimmicks, medications, clinics and other aids to help you quit smoking. Most of them will work for some people. None of them will work for all people. If you contemplate quitting, remember that each person must find the way that suits his particular needs. If one way doesn't work, try another. Over 30 million Americans have found a successful way to quit smoking. Including most doctors. Physicians see the brutal effects of smoking on their patient's bodies, and decide for themselves to quit.

The decision to quit smoking is a personal one. Many people quit because they wish to get rid of the effects tobacco already has had on them, like a chronic cough, or to prevent future health problems, like lung cancer. Others quit in hope their children will never take up the habit, or because they can think of better ways to spend their money.

The American Medical Association's pamphlet: Smoking: Facts You Should Know, offers some hints that have worked for other ex-smokers:

* Write down a list of the reasons you smoke and another list of reasons to quit. Review the latter and add new ideas to it.
* Keep track of when you smoke each cigaret and how much you need it. This will help you understand your smoking pattern.
* Systematically cut down on the number of cigarets you smoke each day. Smoke each one only half way down and inhale less deeply or not at all.
* When you want a cigaret, try a substitute -- gum, mints, a favorite food, a glass of water.

Some people do gain weight when they quit smoking. They have a fresher and stronger taste for food, and they may use food as a substitute for smoking. But there is no actual relationship to weight gain and quitting smoking. Your doctor can suggest a diet to hold down the extra pounds.

January, 1978

Frank Chappell
Science News Editor
AMA

Take your life in your own hands.

If you're not already examining your breasts because you don't know how, any doctor or qualified nurse will be glad to help you.

Breast self-examination is a gentle art of self-defense. It takes only a few minutes a month. It's simpler and faster than putting on your eye make-up. And certainly more important.

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PRICES EFFECTIVE March 29-1, 1978

"The South 40"

by JAMES A. SMITH
EXTENSION AGENT

Last week a lot of tobacco seed beds were planted. Many producers still use too many seed--the rate of ½ teaspoon per 100 square yards will produce stronger, more desirable plants than heavy seeding rates.

Even though beds are being seeded in late March there's still plenty of time. There are three types of covers: cheesecloth, nylon, or plastic. Plastic covers can produce plants ready for transplanting in 50 to 60 days, but they require excellent management. Nylon covers are considered preferable to cheesecloth because of ease of operation and plants will be ready for transplanting three to five days earlier.

Nylon has some of the advantages of plastic, but few of the disadvantages. Because of the tendancy for nylon covers to stretch when wet and shrink when dry, it is imperative that they be placed flat and not pulled too tight when fastening to the ground.

* * *

Good soybean seed will be in short supply this year. We like to see soybean seed have at least 80 percent germination. Many seed this year will be lower. If you plan to use seed that you saved, it's important to have a germination test run.

With lower germination tests, adjustments in planting rates should be made as follows: 80 percent or higher drop 6 to 8 seed per foot of row, 70 to 79 percent drop 8 to 10 per foot of row and from 60 to 69 seed at rate of 10 to 12 per foot of row.

Plan to use a fungicide in the seed box if seed have not been treated.

If seed are planted prior to June 10, rows should be no wider than 36 inches, after June 10 it's desirable to lower row spacing to at least 24 inches. Don't change the number of seed per foot of row for narrow rows.

* * *

If you plan to grow Sweet Sorghum for molasses--use the Dale variety; however, seed supply is short. In tests at the Orange Station last year, on unirrigated plots this variety produced 949 gallons syrup per acre.

Sorghum stripped of its leaves and head should yield 50% of its weight in juice.

* * *

There are about 1800 head of cattle in the first sale at Lynchburg on March 30. We do have room for additional cattle for the April 13 sale. The market is strongest since 1973. Only five Appomattox producers have consigned 58 head. If there are others, let me know soon.

* * *

Commodity Outlook for Farmers is a new weekly publication that is excellent. Free subscriptions are available by writing: Farmers Newsletter, USDA, Box 1500, LaPlata, Maryland 20646.

* * *

For the third straight year cattle numbers have fallen. There are now 16 million fewer head than the peak year of 1975. This is the sharpest drop for any period on record. There'll probably be another decline this year.

Choice yearlings are currently selling in the mid 40's and choice calves are in the low 60's. We'll see a narrowing of the price spread between heifers and steers this year. Economists say there are 3 to 4 years ahead for cow-calf producers.

* * *

It's been a cold winter--if you suspect that left-over pesticides were frozen, check the label to determine if damage may have occurred.

Freezing can alter the response you might expect from some chemicals.

Barnes Completes Course

William Donald Barnes of Spout Spring, C.O. repairman at the Appomattox location of the Continental Telephone of Virginia, has completed a course in Vicom T-Carrier systems at the Continental Telephone System Training Center near Amherst, Va.

This eight-day course emphasizes the theory, operation, and maintenance of the complex electronic equipment which enables 24 telephone conversations to be transmitted over a four-wire circuit. Upon completion of the course, the student is able to operate, test, and repair a T-carrier system.

Barnes has been with the Continental System since 1961.

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Preschool Registration Set For April 13-14

Preschool registration for children who will enter school in Sept., 1978 will be held at Appomattox Primary School and Pamplin Elem. School on Thursday and Friday, April 13 and 14, 1978. You may register your child at the school in your attendance area on either date between the hours of 9 a.m. and 4:30 p.m.

The following sections from the Code of Virginia are provided to give information regarding preschool physical examinations and age for admissions to kindergarten or first grade.

Preschool Physical Examinations - Before any child is admitted for the first time to any public kindergarten or to any public elementary school such child must have a comprehensive physical examination of a scope to be prescribed by the State Department of Health, by a qualified licensed physician, who shall make a report of such examinaiton and at the end of such report shall summarize the abnormal physical findings, if any, and shall specifically state what, if any, conditions are found that would identify the child as handicapped. A copy of such report must be presented to the school on the child's behalf. Such report must indicate that the child has received such physical examination no earlier than twelve months prior to the date such child first enters a public kindergarten or public elementary school.

Age for Admission to School

In September, 1978

Kindergarten - children may be admitted to the kindergarten program for 1978-79 who reach their fifth birthday on or before Dec. 31, 1978.

First Grade - children may be admitted to first grade for 1978-79 who have reached their sixth birthday on or before Dec. 31, 1978.

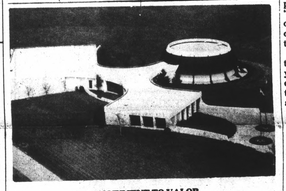
The form enclosed is for your use in reporting the results of the physical examination. The form should be completed and signed by the family physician. The examination report does not have to be presented on the date of registration. However, it should be submitted to the school at your earliest convenience and **not later than Sept. 1, 1978.**

The Appomattox County Health Dept. will provide the pre-school examination for children whose parents cannot pay for the examination by a private physician. Clinics will be scheduled later in the spring for this purpose and the dates will be publized.

In addition to the physicial examination, the law requires that children be vaccinated prior to entering school to protect them from certain diseases. On the dates of preschool registration [April 13 and 14] personnel from the Appomattox County Health Department will be available to administer the vaccinations to those children whose parents desire this service. It will be necessary for the child, parent and/or legal guardian to be present for this service to be given.

To verify your child's age, it will be necessary for you to present, at the time of registration, a birth certificate.

Employment of personnel and development of plans for 1978-79 are based on the enrollment of school students. Therefore, it is very necessary that all children who are eligible to enter kindergarten or first grade next year who are not in school this year register on April 13 or 14. We shall appreciate your cooperation.



MONUMENT TO VALOR

NEW MARKET, VA. - This million-dollar Civil War museum is a memorial to 247 cadets of Virginia Military Institute who left their classrooms and marched for four days to join veterans in the 1864 Battle of New Market, Virginia. In their baptism under fire, ten cadets were killed and 47 wounded. The "Hall of Valor," standing on a prominent hill in the heart of the Shenandoah Valley, is the center piece for the 160 acre New Market Battlefield Park. The non-profit facility was built and is operated by VMI with funds bequeathed by an alumnus, George R. Collins.

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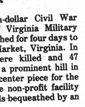

Contact nearest VA office (check your phone book) or a local veterans group.

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EVERYTHING FOR THE FISHERMAN

Governor Proclaims "Lions Sight Service Week" in Virginia April 3-8

Virginia Governor John N. Dalton has issued a proclamation designating the week of April 3 through 8 as "Lions Sight Service Week" throughout the Old Dominion in recognition of the invaluable services Lions render to their fellow men.

"Each year," the proclamation reads, "the Lions of Virginia donate time to solicit donations for those with seeing difficulties who cannot afford the help they need, using white canes as their symbol."

Lion W.R.S. "Bob" Curtis, White Cane Chairman for District 24-B Lions of Virginia, said in an announcement made this week that the fifty-six Lions Clubs in 24-B, which includes all Central Virginia area clubs, will be involved in a two-day drive on April 7th and 8th selling the little symbolic white canes in a person-to-person door-to-door campaign and on street corners and at shopping centers.

The proceeds this year, he said, will be used by the Lions of 24-B to support sight conservation and restoration programs and assitance to the visually handicapped in their local communities, and provide financial support to the Old Dominion Eye Bank and Research, Inc., a Lions sponsored organization.

During the past eight months, Curtis pointed out, Virginia Lions have made it possible for 87 blind persons to receive corneal transplants. The eye tissue for their sight-restoring surgery was supplied through the facilities of the Eye Bank at no cost to the recipients.

Many of those who pledged their eyes, or death, to the Old Dominion Eye Bank for this humanitarian cause, Curtis added, were handed donor pledge cards during previous "White Cane Days" and at other fund raising events conducted by Lions Clubs throughout Virginia.

Curtis concluded by saying, the Lions of District 24-B solicit your support of this charitable endeavor. Help the Lions help the blind. Get your white cane and eye donor pledge card on April 7th or 8th from any member of your local Lions Club.

UNDERSTANDING DRUG ABUSE

a health column from the Alcohol, Drug Abuse, and Mental Health Administration U.S. Department of Health, Education, and Welfare

What Is Good Day Care?

A child is often as limited by his environment as by his inherited potential, according to a growing body of research data.

Indeed, the environment can be "an agent of irreversible damage" or "it may enhance and enrich a child's potential development," in the view of Dr. Stanley Greenspan, Chief of the National Institute of Mental Health's community research arm, the Mental Health Study Center at Adelphi, Maryland. Therefore, he says, "If day care centers or other early child care settings are going to be used, they must be thoughtfully and skillfully organized to help in the emotional development of children."

The study of children in the earliest years of life has been characterized as a new frontier in mental health. What has been well documented is the potentially damaging effects of early separation from parents, changes in early mothering figures, and the lack of consistent and early stimulation. Some feel that the mother-child relationship, basic to optimal growth, can take place only at home with a sensitive, loving mother. But many families feel this is not possible and seek alternatives.

"I suggest that the quality of care that is to be provided, when day care is needed, is most relevant," Dr. Greenspan declares. "If separation must take place—perhaps through the death of the mother, perhaps because a home is broken or chaotic—then we must do all that we can to set up growth-facilitating day care or other early child care environments."

Speaking of the rush to organize and provide child care services, Dr. Greenspan gives a word of caution. "Well-organized settings, well-trained staff and adequate services are only a few of the needed ingredients for a good day care program," he states, and the child psychiatrist, consultant or others setting up such services have "an obligation to be sure that the services offered match the needs of the child and his family."

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